



URBAN POLING®



Urban Poling Level I

If you are an Urban Poling beginner, or would like to take your poling a little easier, join us at Zuanich Park near the boathouse building, on Thursday afternoons from 1:30–2:30pm. We will warm up and cool down together, with a walk route of your choice in between.

SESSIONS: August 3–24
Sept 7–28

DAYS: Thursdays

TIMES: 1:30–2:30pm

LOCATION: Zuanich Park

COST: \$25 | Members
\$50 | Program Members
Financial Assistance Available

Urban Poling Level II

If you have taken Urban Poling class before, and would like to try a variety of trails during each session, this class is for you. We will meet at a different location each class with route suggestions. Class will warm up and cool down together and have Y staff on route.

SESSIONS: August 1–22
Sept 5–26

DAYS: Tuesdays

TIMES: 1:30–2:30pm

LOCATION: Various Locations

COST: \$25 | Members
\$50 | Program Members
Financial Assistance Available

WHATCOM FAMILY YMCA
1256 N State St, Bellingham, WA, 98225
360 733 8630 | whatcomymca.org

**Poles provided.
Pre-registration required.**

**Register online or at the
welcome desk!**